



Relationships, Sex and Health Education Policy 2021-2022



At Two Mile Ash School, high standards of achievement, behaviour and respect for each other, underpin everything we do. Our teachers strive to create independent, articulate thinkers and learners who have the confidence to realise their ambitions. Our pupils are happy, highly engaged and thrive from a rich and vibrant curriculum. This drives us in our pursuit for achieving excellence every day.

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1. Aims

At Two Mile Ash School, the high expectations of learning, behaviour and respect for each other underpin everything we do. Our teachers strive to create independent, articulate thinkers and learners who have the confidence to achieve their ambitions. This drives us in our pursuit for excellence every day.

The aims of relationships and sex education (RSE) at our school are to:

- Provide a framework in which sensitive discussions can take place
- To help and support young people through their physical, emotional and moral development.
- Prepare pupils for puberty, giving them an understanding of sexual development and the importance of health and hygiene.
- To help them learn to respect themselves and others more, with confidence, from childhood through adolescence into adulthood.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- To encourage our pupils to have high regard for personal, social and moral relationships.
- To promote a sensitive, caring and knowledgeable attitude towards sex education within the context of family life and loving relationships.
- Teach pupils with accurate and relevant knowledge, including the correct vocabulary to describe themselves and their bodies.
- Provide pupils with the skills, language and strategies they need in order to live healthy, sage, fulfilling, responsible and balanced lives.
- Develop opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities.

2. Statutory requirements

As a primary academy school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

We do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Two Mile Ash School we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance.
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.
3. Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy.
4. Pupil consultation – we investigated what exactly pupils want from their RSE.
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

The content was decided in consultation with parents, governors, staff and pupils. However, ultimately, the staff agreed on the content of the final programme and it was reached by consensus. Consideration of the pupils' social, physical and emotional maturity was considered during the development of the programme. The content will:

- Provide information that is relevant and appropriate to the age and developmental stage of the pupils;
- Develop skills of assertiveness, communication and effective dialogue in relationships; Encourage the exploration and clarification of values and attitudes;
- Foster self-esteem, positive self-image and confidence.

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

5. Curriculum

Our curriculum is set out as per Appendix 1 but we may need to adapt it as and when necessary.

We have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

Primary sex education will focus on:

- Intrapersonal skills that allow development of self-management including; resilience, self-motivation, self-organising, self-reflection and the ability to set and achieve personal goals;
- Interpersonal skills to prove pupils the ability to maintain positive relationships in a wide variety of settings with a focus on; empathy, effective non-verbal and verbal communication, team work, negotiation, self-management strategies and positive affirmation;
- Skills of enquiry; formulating articulate questions, assessing the validity and reliability of sources of data, analysis (including the ability to separate fact from opinion), management of risk and the ability social norms;
- Preparing boys and girls for the changes that adolescence brings including, physical and emotional changes
- How a baby is conceived and born, as well as the stages of pregnancy

For more information about our curriculum, see our curriculum map in Appendix 1

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Supportive networks
- Living in the wider world

RSE will be co-ordinated by the Head of RSHE and Head of Science in close co-operation with the Head of Curriculum who has overall responsibility for the RSE curriculum.

Delivery will be:

- As topics through RSHE lessons.
- Delivered by class teachers who have formed positive relationships with the children.
- Active learning methods which involve pupils' full participation will be used.

- Single sex groups will be used as and when deemed appropriate.
- Protocols for the delivery of the RSE curriculum will be established, which are consistent across the school.
- The resources used will be made available for parents to view at an annual parents' meeting. Individual parents can also view resources by contacting the Head of Curriculum directly.
- Teachers have a clear framework of curriculum content. Any difficult or explicit questions raised outside the agreed content will be discussed with parents so that they may address at home or through the use of external agencies.

For more information about our RSE curriculum, see Appendices 1 and 2.

6.1 Teaching and outside agencies

RSE lessons will be taught by class teachers. Outside agencies will be used to support and assist the teachers in the development of the classroom based work. On rare occasions, outside agencies may be involved as part of the developmental programme. They will be required to work within the school's moral framework outlined earlier. Lessons will only have a teaching input from anyone other than the class teacher when there is a clear enhancement that they can bring. In this instance, these sessions will be jointly planned and run jointly between teaching staff and visitors with the class teacher present at all times. The school's procedures for working with external agencies and teaching and learning policy will be followed, including DBS (Disclosure and Barring Service) checks.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

6.2 Assessment

Teachers assess the children's work in Relationship and Sex Education both by making informal judgements as they observe them during lessons and by doing formal assessments of their work, measured against the specific learning objectives set out in the National Curriculum. We have clear expectations of what pupils should know, understand and be able to do at the end of the key stage.

7. Roles and responsibilities

7.1 The governing board

The governing board will approve the RSE policy, and hold the headteacher to account for its implementation.

7.2 The headteacher

The headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory components of RSE (see section 8).

7.3 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Those responsible for teaching RSE in your school are:

- Sinead Fawcett (Head of RSHE)
- Sally Moisii (Head of foundation curriculum)
- Hayley Donohue (Senior deputy head and personal welfare and development)

7.4 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8. Parents' right to withdraw

Parents are entitled to withdraw their children from part of the RSE programme that is outside the compulsory elements in the RSE curriculum. Parents wishing to exercise this right are invited to contact the Head of Curriculum who will discuss their concerns and the possible impact that withdrawal may have on the pupil.

Parents need to understand that the right of withdrawal does not apply to the compulsory elements of the National Curriculum. Once a pupil has been withdrawn, they cannot participate in RSE until the request of withdrawal has been removed. Alternative work will be given to pupils who are withdrawn from sex education.

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar. The head teacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE

10. Monitoring arrangements

The delivery of RSE is monitored by Sinead Fawcett and the Heads of Foundation Curriculum through:

- Planning scrutinies,
- Learning visits
- Book scrutinies
- Pupil Voice groups

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

11. Safeguarding

At Two Mile Ash School, safeguarding and child protection is paramount and we are fully committed to ensuring the welfare and safety of all our children. We believe that students have a right to learn in a supportive, caring and safe environment which includes the right to protection from all types of abuse; where staff are vigilant for signs of any student in distress and are confident about applying the processes to avert and alleviate any such problems. If any behaviour is a concern in relation to safeguarding, TMA procedures and processes will be followed at all times in accordance with the Safeguarding and Child Protection Policy. Any concerns will be referred to the Designated Safeguarding Leads, Hayley Donohue or Lucy Eldridge, Sophie Haycock, Heather Cormack, Michelle Dixon and Sally Moisii our Deputy Designated Safeguarding Leads. Our Safeguarding Governor is Nicola Williams.

11.1 Confidentiality

Pupils will be made aware that some information cannot be held confidential and that their best interests will be maintained.

11.2 Disclosure or suspicion of possible abuse

Two Mile Ash School has a Safeguarding policy and procedures for dealing with child sexual abuse based on the Local Authority guidelines and recommendations. This policy is published on the school website.

Version:	
V1 – Tuesday 17 th September 2019 V2 Tuesday 15 th September 2020 V3 - Monday 12 th July 2021	
Approval: This policy was ratified by Two Mile Ash Governing Body.	Next Review on or before: Tuesday 1st September 2021 This policy will be reviewed annually by the Two Mile Ash Strategic Leadership Team and approved by the Governing Body at least on an annual basis (although amendments prior to this may occur to reflect the key changes and proposals within curriculum currently occurring)

Appendix 1: Curriculum map

Relationships and sex education curriculum map

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 3	Autumn	<p>Health and wellbeing</p> <ul style="list-style-type: none">➤ To understand how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'➤ To recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet➤ To understand the hygiene routines can limit the spread of bacteria and viruses➤ To understand the importance of good oral hygiene➤ To understand that mental health, just like physical health is part of daily life➤ To understand the importance of expressing their feelings and use an expanding vocabulary➤ To understand what positively and negatively affects their physical, mental and emotional health

YEAR GROUP	TERM	TOPIC/THEME DETAILS
	Spring	<p>Living in the wider world</p> <ul style="list-style-type: none"> ➤ To understand that different groups make up their community and what living in a community means ➤ To value the different contributions that people and groups make to the community ➤ To understand diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities ➤ To recognise reasons for rules and laws; consequences of not adhering to rules and laws – school and daily life ➤ To recognise there are human rights, that are there to protect everyone ➤ To know and understand the relationship between rights and responsibilities ➤ To understand the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others

YEAR GROUP	TERM	TOPIC/THEME DETAILS
	Summer	<p>Relationships</p> <ul style="list-style-type: none"> ➤ To recognise what constitutes a positive, healthy relationship and strategies to build these ➤ To understand the definition of consent ➤ To understand when it is appropriate to keep something confidential ➤ To understand and accept that all families are different ➤ To recognise that relationships we have with different people meet different needs ➤ To understand that families can change over time ➤ To recognise different forms of physical contact, what is acceptable and unacceptable and understand consent ➤ To understand that people who love and care for each other can be in a committed relationship ➤ To recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability ➤ To recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty ➤ To recognise if family relationships are making them feel unhappy or unsafe, and how to seek appropriate help or advice

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 4	Autumn	<p>Health and wellbeing</p> <ul style="list-style-type: none"> ➤ To understand how choices can support a healthy lifestyle ➤ To understand and recognise the positive and negative effects of habits on a healthy lifestyle ➤ To know how regular exercise can benefit physical and mental health ➤ To identify the risks associated with an inactive lifestyle ➤ To know and understand how sleep contributes to a healthy routine and the effects of a lack of sleep on the body, feelings, behaviour and ability to learn ➤ To identify and describe feelings according to their intensity ➤ To understand and identify strategies that support mental health ➤ To recognise how feelings often change over time and range of intensity ➤ To know how to use problem solving activities to deal with challenges and change ➤ To know that the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background
	Spring	<p>Living in the wider world</p> <ul style="list-style-type: none"> ➤ To recognise reasons for rules and laws; consequences of not adhering to rules and laws – UK ➤ To recognise there are human rights, that are there to protect everyone ➤ To know and understand the relationship between rights and responsibilities ➤ To understand and identify the different ways to pay for things and the choices people have about this ➤ To recognise that people have different attitudes towards saving and spending money; what influences people’s decisions; what makes something ‘good value for money’ ➤ To recognise that people make spending decisions based on priorities, needs and wants ➤ To identify the ways that money can impact on people’s feelings and emotions

YEAR GROUP	TERM	TOPIC/THEME DETAILS
	Summer	<p>Relationships</p> <ul style="list-style-type: none"> ➤ To recognise what constitutes a positive, healthy relationship. ➤ To develop the skills to maintain positive and healthy relationships ➤ To understand how friendships can change over time, about making new friends and the benefits of having different types of friends ➤ To know that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely ➤ To recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary ➤ To understand how and develop strategies for coping with body changes that affect personal hygiene ➤ To know that marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong ➤ To understand that forcing anyone to marry against their will is a crime ➤ To know that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart ➤ To identify that a feature of positive family life is caring relationships; about the different ways in which people care for one another

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 5	Autumn	<p>Health and wellbeing</p> <ul style="list-style-type: none"> ➤ To learn what is meant by the term 'habit' and why habits can be hard to change – links to drugs and alcohol ➤ To understand what physical health is and how good habits can influence this ➤ To understand how to maintain good oral hygiene and the impact of lifestyle choices on dental care ➤ To understand how to use medicines and how these contribute to health ➤ To know that diseases are preventable and treatable by vaccinations and immunisations ➤ To understand how allergies are managed ➤ To know that mental health just like physical health is part of daily life ➤ To understand that feelings changes over time and intensity ➤ To know and use strategies to cope with manage and respond to situations appropriately ➤ To recognise warning signs about mental health and wellbeing and where to seeks support for themselves and others ➤ To recognise that anyone can experience mental ill health and that most can be resolved with support and help

YEAR GROUP	TERM	TOPIC/THEME DETAILS
	Spring	<p>Living in the wider world</p> <ul style="list-style-type: none"> ➤ To recognise ways in which the internet and social media can be used both positively and negatively ➤ To know how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results ➤ To know about some of the different ways information and data is shared and used online, including for commercial purposes ➤ To understand how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information ➤ To recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images ➤ To understand how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation ➤ To know that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity) ➤ To understand the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things

YEAR GROUP	TERM	TOPIC/THEME DETAILS
	Summer	<p>Relationships</p> <ul style="list-style-type: none"> ➤ To understand stereotypes and how these can negatively influence behaviours and attitudes towards others and strategies for challenging stereotypes ➤ To recognise the importance of self respect and this can affect their thoughts and feelings ➤ To understand the emotional changes that happen when approaching and during puberty ➤ To know where to seek advice and report concerns if they are worried about someone's safety, including online ➤ To recognise pressure from others to do something unsafe or uncomfortable and strategies to manage this ➤ To understand that people may be attracted to someone of the same sex or different sex to them ➤ To understand that people may be attracted to someone emotionally, romantically and sexually ➤ To identify strategies to respond to hurtful behaviour experienced or witnessed, offline and online; including how to report a concern and seek support ➤ For pupils to understand how their body will, and their emotions may, change as they approach and move through puberty ➤ To identify changes in the human life cycle ➤ To identify puberty as a time in everyone's life when their bodies grow and change from children to young adults ➤ To understand some physical (including and emotional changes that happen during puberty

YEAR GROUP	TERM	TOPIC/THEME DETAILS
Year 6	Autumn	<p>Health and wellbeing</p> <ul style="list-style-type: none"> ➤ To understand how to make informed decisions about health and how these choices support a healthy lifestyle, and recognise what might influence these ➤ To recognise that habits can have both positive and negative effects on a healthy lifestyle ➤ To understand what good physical health means; how to recognise early signs of physical illness ➤ To know and understand about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break ➤ To recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others ➤ To understand why people choose to use or not use drugs (including nicotine, alcohol and medicines); ➤ To understand the mixed messages in the media about drugs, including alcohol and smoking/vaping ➤ To know about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use

YEAR GROUP	TERM	TOPIC/THEME DETAILS
	Spring	<p>Living in the wider world</p> <ul style="list-style-type: none"> ➤ To understand different ways to keep track of money ➤ To understand the risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe ➤ To identify the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations ➤ To know and understand the ways that money can impact on people’s feelings and emotions ➤ To recognise that people make spending decisions based on priorities, needs and wants ➤ To understand there are a range jobs/careers that people can have; that people often have more than one career/type of job during their life ➤ To identify stereotypes in the workplace and that a person’s career aspirations should not be limited by them ➤ To understand what might influence people’s decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs) ➤ To know that some jobs are paid more than others and money is one factor which may influence a person’s job or career choice; that people may choose to do voluntary work which is unpaid ➤ To identify some of the skills that will help them in their future careers (e.g. teamwork, communication and negotiation) and to identify the kind of job that they might like to do when they are older ➤ To recognise a variety of routes into careers (e.g. college, apprenticeship, university)

YEAR GROUP	TERM	TOPIC/THEME DETAILS
	Summer	<p>Relationships</p> <ul style="list-style-type: none"> ➤ To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships ➤ To recognise different types of relationship, including those between acquaintances, friends, relatives and families ➤ To recognise and respond appropriately to a wider range of feelings in others ➤ To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves ➤ To understand the physical and emotional changes the human body experiences during puberty ➤ To have a basic understanding of the human life cycle and human reproductive system ➤ To know about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online) ➤ To understand know about seeking and giving permission (consent) in different situations

Appendix 2: By the end of primary school pupils should know

TOPIC	PUPILS SHOULD KNOW
Families and people who care about me	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	PUPILS SHOULD KNOW
Respectful relationships	<ul style="list-style-type: none"> • The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online

TOPIC	PUPILS SHOULD KNOW
Being safe	<ul style="list-style-type: none">• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)• About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know• How to recognise and report feelings of being unsafe or feeling bad about any adult• How to ask for advice or help for themselves or others, and to keep trying until they are heard• How to report concerns or abuse, and the vocabulary and confidence needed to do so• Where to get advice e.g. family, school and/or other sources